

Hip Surveillance

Information for Families of Kids and Youth with Cerebral Palsy

What is Hip Surveillance?

Hip surveillance means regularly checking the hips of kids and youth with cerebral palsy or other neuromotor conditions to see if they're starting to move out of place. When this happens, it's called hip displacement. If not found early, it can become a hip dislocation which may cause pain and make movement harder.

To prevent this, healthcare providers, like physiotherapists and physicians, will examine your child regularly and may recommend hip X-rays. If they notice any concerns, they can refer your child to a paediatric orthopedist (child bone specialist).

Why Hip Surveillance?

Kids and youth with cerebral palsy are at higher risk because tight or imbalanced muscles can pull the hip joint out of alignment. This often starts without pain but can lead to discomfort or difficulty sitting, standing or walking. Hip surveillance helps catch problems early so your child can stay comfortable, active and mobile.

What does Hip Surveillance involve?

1. Check hip movement

A physiotherapist or physician will regularly check your child's hip movement and comfort through a physical exam. They can also show you what to look for at home.

2. X-rays

Hip X-rays are taken at scheduled times based on your child's age and mobility to help track hip alignment and catch small changes early.

3. Specialist referral (as needed)

If any signs of hip displacement are found, your child may be referred to a paediatric orthopedist for early assessment and treatment options.

Hip Surveillance is a team effort! You and your child's healthcare team are working together to keep your child's hips strong and pain-free.



Your Role as a Parent/Caregiver

- **Watch for changes:** Learn from your healthcare provider how to gently check your child's hip movement and watch for any changes at home.
- **Ask about exams and X-rays:** If your child hasn't had a recent hip check, ask when they are due.
- **Share information:** Share relevant information, such as X-ray reports, between healthcare providers (e.g., physiotherapists and physicians) to make sure everyone is informed about your child's hip health.
- **Advocate for your child:** Early detection makes a big difference. If you're unsure whether your child is at risk for hip displacement, speak with their service provider to discuss your concerns.



To access more support, view [CTN's Hip Surveillance Resources](#) or scan the [QR Code](#).

